

from
THE STRENUOUS LIFE
1899

Theodore Roosevelt

Prior to becoming the 26th president of the United States, Theodore Roosevelt (1858–1919) had distinguished himself as a military hero in the Spanish-American-Cuban War. He was also a vigorous outdoorsman who believed that moral and physical fitness were directly linked. Roosevelt outlined his “doctrine of the strenuous life, the life of toil and effort” during this speech, given at the Hamilton Club (a men’s club) in Chicago in 1899. At the time, Roosevelt was the Governor of New York.

THINK THROUGH HISTORY: Summarizing

What steps does Roosevelt say the United States must take in order to become a “healthy state”? Be specific in your answer.

In speaking to you, men of the greatest city of the West, men of the State which gave to the country Lincoln and Grant, men who pre-eminently and distinctly embody all that is most American in the American character, I wish to preach, not the doctrine of ignoble ease, but the doctrine of the strenuous life, the life of toil and effort, of labor and strife; to preach that highest form of success which comes, not to the man who desires mere easy peace, but to the man who does not shrink from danger, from hardship, or from bitter toil, and who out of these wins the splendid ultimate triumph.

A life of slothful ease, a life of that peace which springs merely from lack either of desire or of power to strive after great things, is as little worthy of a nation as of an individual. I ask only that what every self-respecting American demands from himself and from his sons shall be demanded of the American nation as a whole....

In the last analysis a healthy state can exist only when the men and women who make it up lead clean, vigorous, healthy lives; when the children are so trained that they shall endeavor, not to shirk difficulties, but to overcome them; not to seek ease, but to know how to wrest triumph from toil and risk....

As it is with the individual, so it is with the nation. It is a base untruth to say that happy is the nation that has no history. Thrice happy is the nation that has a glorious history. Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor spirits who neither enjoy much nor suffer much, because they live in the gray twilight that knows not victory nor defeat. If, in 1861, the men who loved the Union had

believed that peace was the end of all things, and war and strife the worst of all things, and had acted up to their belief, we would have saved hundreds of thousands of lives, we would have saved hundreds of millions of dollars. Moreover, besides saving all the blood and treasure we then lavished, we would have prevented the heartbreak of many women, the dissolution of many homes, and we would have spared the country those months of gloom and shame when it seemed as if our armies marched only to defeat. We could have avoided all this suffering simply by shrinking from strife. And if we had thus avoided it, we would have shown that we were weaklings, and that we were unfit to stand among the great nations of the earth. Thank God for the iron in the blood of our fathers, the men who upheld the wisdom of Lincoln, and bore sword or rifle in the armies of Grant! Let us, the children of the men who proved themselves equal to the mighty days, let us, the children of the men who carried the great Civil War to a triumphant conclusion, praise the God of our fathers that the ignoble counsels of peace were rejected; that the suffering and loss, the blackness of sorrow and despair, were unflinchingly faced, and the years of strife endured; for in the end the slave was freed, the Union restored, and the mighty American Republic placed once more as a helmeted queen among nations....

If we are to be a really great people, we must strive in good faith to play a great part in the world. We can not avoid meeting great issues. All that we can determine for ourselves is whether we shall meet them well or ill. In 1898 we could not help being brought face to face with the problem of war with Spain. All we could decide was whether we should shrink like cowards from the contest, or enter into it as beseemed a brave and high-spirited people; and, once in, whether failure or success should crown our banners. So it is now.

We can not avoid the responsibilities that confront us in Hawaii, Cuba, Porto Rico, and the Philippines. All we can decide is whether we shall meet them in a way that will redound to the national credit, or whether we shall make of our dealings with these new problems a dark and shameful page in our history. To refuse to deal with them at all merely amounts to dealing with them badly. We have a given problem to solve. If we undertake the solution, there is, of course, always danger that we may not solve it aright; but to refuse to undertake the solution simply renders it certain that we can not possibly solve it aright. The timid man, the lazy man, the man who distrusts his country, the over-civilized man, who has lost the great fighting, masterful virtues, the ignorant man, and the man of dull mind, whose soul is incapable of feeling the mighty lift that thrills "stern men with empires in their brains"—all these, of course, shrink from seeing the nation undertake its new duties; shrink from seeing us build a navy and an army adequate to our needs; shrink from seeing us do our share of the world's work, by bringing order out of chaos in the great, fair tropic islands from which the valor of our soldiers and sailors has driven the Spanish flag. These are the men who fear the strenuous life, who fear the only national life

which is really worth leading. They believe in that cloistered life which saps the hardy virtues in a nation, as it saps them in the individual; or else they are wedded to that base spirit of gain and greed which recognizes in commercialism the be-all and end-all of national life, instead of realizing that, though an indispensable element, it is, after all, but one of the many elements that go to make up true national greatness. No country can long endure if its foundations are not laid deep in the material prosperity which comes from thrift, from business energy and enterprise, from hard, unsparing effort in the fields of industrial activity; but neither was any nation ever yet truly great if it relied upon material prosperity alone. All honor must be paid to the architects of our material prosperity, to the great captains of industry who have built our factories and our railroads, to the strong men who toil for wealth with brain or hand; for great is the debt of the nation to these and their kind. But our debt is yet greater to the men whose highest type is to be found in a statesman like Lincoln, a soldier like Grant. They showed by their lives that they recognized the law of work, the law of strife; they toiled to win a competence for themselves and those dependent upon them; but they recognized that there were yet other and even loftier duties—duties to the nation and duties to the race.

We can not sit huddled within our own borders and avow ourselves merely an assemblage of well-to-do hucksters who care nothing for what happens beyond. Such a policy would defeat even its own end; for as the nations grow to have ever wider and wider interests, and are brought into closer and closer contact, if we are to hold our own in the struggle for naval and commercial supremacy, we must build up our power without our own borders. We must build the Isthmian Canal, and we must grasp the points of vantage which will enable us to have our say in deciding the destiny of the oceans of the East and the West.

So much for the commercial side. From the standpoint of international honor the argument is even stronger. The guns that thundered off Manila and Santiago left us echoes of glory, but they also left us a legacy of duty. If we drove out a medieval tyranny only to make room for savage anarchy, we had better not have begun the task at all. It is worse than idle to say that we have no duty to perform, and can leave to their fates the islands we have conquered. Such a course would be the course of infamy. It would be followed at once by utter chaos in the wretched islands themselves. Some stronger, manlier power would have to step in and do the work, and we would have shown ourselves weaklings, unable to carry to successful completion the labors that great and high-spirited nations are eager to undertake.

The work must be done; we can not escape our responsibility; and if we are worth our salt, we shall be glad of the chance to do the work—glad of the chance to show ourselves equal to one of the great tasks set modern civilization. But let us not deceive ourselves as to the importance of the task. Let us not be

misled by vainglory into underestimating the strain it will put on our powers. Above all, let us, as we value our own self-respect, face the responsibilities with proper seriousness, courage, and high resolve. We must demand the highest order of integrity and ability in our public men who are to grapple with these new problems. We must hold to a rigid accountability those public servants who show unfaithfulness to the interests of the nation or inability to rise to the high level of the new demands upon our strength and our resources....

Read the "Congressional Record." Find out the Senators and Congressmen who opposed the grants for building the new ships; who opposed the purchase of armor, without which the ships were worthless; who opposed any adequate maintenance for the Navy Department, and strove to cut down the number of men necessary to man our fleets. The men who did these things were one and all working to bring disaster on the country. They have no share in the glory of Manila, in the honor of Santiago. They have no cause to feel proud of the valor of our sea-captains, of the renown of our flag. Their motives may or may not have been good, but their acts were heavily fraught with evil. They did ill for the national honor, and we won in spite of their sinister opposition.

Now, apply all this to our public men of to-day. Our army has never been built up as it should be built up....

Our army needs complete reorganization,—not merely enlarging,—and the reorganization can only come as the result of legislation. A proper general staff should be established, and the positions of ordnance, commissary, and quartermaster officers should be filled by detail from the line. Above all, the army must be given the chance to exercise in large bodies. Never again should we see, as we saw in the Spanish War, major-generals in command of divisions who had never before commanded three companies together in the field. Yet, incredible to relate, Congress has shown a queer inability to learn some of the lessons of the war. There were large bodies of men in both branches who opposed the declaration of war, who opposed the ratification of peace, who opposed the upbuilding of the army, and who even opposed the purchase of armor at a reasonable price for the battleships and cruisers, thereby putting an absolute stop to the building of any new fighting-ships for the navy. If, during the years to come, any disaster should befall our arms, afloat or ashore, and thereby any shame come to the United States, remember that the blame will lie upon the men whose names appear upon the roll-calls of Congress on the wrong side of these great questions...and upon you and the people of this country will lie the blame if you do not repudiate, in no unmistakable way, what these men have done....

The army and the navy are the sword and the shield which this nation must carry if she is to do her duty among the nations of the earth.... Our proper conduct toward the tropic islands we have wrested from Spain is merely the form which our duty has taken at the moment. Of course we are bound to handle the affairs of our own household well. We must see that there is civic

honesty, civic cleanliness, civic good sense in our home administration of city, State, and nation. We must strive for honesty in office, for honesty toward the creditors of the nation and of the individual; for the widest freedom of individual initiative where possible, and for the wisest control of individual initiative where it is hostile to the welfare of the many. But because we set our own household in order we are not thereby excused from playing our part in the great affairs of the world. A man's first duty is to his own home, but he is not thereby excused from doing his duty to the State; for if he fails in this second duty it is under the penalty of ceasing to be a freeman. In the same way, while a nation's first duty is within its own borders, it is not thereby absolved from facing its duties in the world as a whole; and if it refuses to do it, it merely forfeits its right to struggle for a place among the peoples that shape the destiny of mankind....

I preach to you, then, my countrymen, that our country calls not for the life of ease but for the life of strenuous endeavor. The twentieth century looms before us big with the fate of many nations. If we stand idly by, if we seek merely swollen, slothful ease and ignoble peace, if we shrink from the hard contests where men must win at hazard of their lives and at the risk of all they hold dear, then the bolder and stronger peoples will pass us by, and will win for themselves the domination of the world. Let us therefore boldly face the life of strife, resolute to do our duty well and manfully; resolute to uphold righteousness by deed and by word; resolute to be both honest and brave, to serve high ideals, yet to use practical methods. Above all, let us shrink from no strife, moral or physical, within or without the nation, provided we are certain that the strife is justified, for it is only through strife, through hard and dangerous endeavor, that we shall ultimately win the goal of true national greatness.

Source: *The Strenuous Life* by Theodore Roosevelt (New York: The Review of Reviews Company, 1910), pp. 3–22.